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EASTERN ILLINOIS UNIVERSITY
Charleston, Illinois

news

ART TATE, Assistant Director, University Relations
Office: (217) 581-5981 - Home: (217) 348-7553

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FILE COPY

FOR IMMEDIATE RELEASE:

WELLNESS FAIR

CHARLESTON, IL--Eastern Illinois University's College of Health, Physical Education and Recreation's goal is "Wellness." This does not mean only physical fitness. It also embodies the mental, emotional, social, and spiritual aspects of well being.

In order to heighten awareness of this, the College is sponsoring a "Wellness Fair" October 28-29, 1988. The fair will allow Eastern's faculty, staff, students, and community members to closely examine the risk factors in their lifestyle. According to Dr. Carol D. Pyles, Dean of the College of Health,

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WELLNESS FAIR

Physical Education and Recreation, "lifestyle diseases" account for 75% of the two million American deaths each year.

The fair will be coordinating Eastern's and the community's health assessment resources into a full fitness program. Approximately fifty central Illinois groups will be participating, including the American Cancer Society, the American Heart Association, and the Coles County Public Health Department.

These groups will be providing information and a number of services, including blood pressure testing, sight and hearing testing, blood-cholesterol screening, and footcare for senior citizens. The blood-cholesterol screening may cost two dollars; the other tests will be free.

Throughout both days there will be demonstrations of many sporting and leisure activities ranging from scuba diving and boating to badminton and juggling. A festive environment will be offered. There will also be workshops on topics such as Nutrition and Stress Management.

Another highlight of the "Wellness Fair" is a 10k (6 mile) Volksmarch that the College of Health, Physical Education and Recreation is co-sponsoring with the Decatur Park District. A Volksmarch is a non-competitive organized hike in which participants go at their own pace. According to the American Volkssport Association, "Volksmarching is good exercise and encourages outdoor physical activity by providing events in which people of all ages and physical fitness can participate."

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WELLNESS FAIR

The Volksmarch course is designed so that people with strollers and the handicapped can complete them as well. There will be check points and volunteers waiting to assist any person having difficulties along the entire course. The event is free, although some people may choose to pay \$4.00 for a specially designed medal to be received upon completion of the Volksmarch.

Pyles says, "The Wellness Fair is just the beginning of what we hope will be a highly successful comprehensive Wellness Program." Fair participants will be able to put themselves on a mailing list for informational letters to be sent out at a later date. The letters will inform interested readers of upcoming lectures, workshops, and sporting tournaments. This way people can be involved in the Wellness Program all year long.

"Our intention is not to duplicate, but rather coordinate presently existing resources and make them more accessible to the public," Pyles said.

The fair will be held in and around the Lantz facility on Eastern's campus. Those who want more information can call the Office of the Dean, College of Health, Physical Education and Recreation at 581-3412.